



On account of the many inquiries regarding the recipes used by Mrs. Vaughn at the Capital Journal Home Economics School this week, arrangements have been made to supply without charge to out-of-town subscribers and others who have been unable to attend, the recipe leaflet distributed. Simply send request with your name and address to the Capital Journal is all that is necessary.

FIVE ESSENTIALS

(Continued from Page Six.)

F. W. Taylor, Harper & Son,
Homer E. Hienrichsen, B. M. and R. W.
Brooks, The McMillan & Co., New
York.

PROGRAM FOR SATURDAY

MORNING
Session at 10 a. m.
Lecture Subject:
Resume.
Menu:
Egg Omelets
Tomato Cheese on Toast
Fruit Biscuits
Hermit and Oatmeal Cookies

Apple Sauce Cake.

1-2 cupfuls crisco, 1-2 cupfuls sugar,
2 eggs, 2-3 cupfuls flour, 1 teaspoonful
allspice, 1-2 teaspoonful nutmeg, 1
teaspoonful baking powder, 1-2 tea-
spoonful salt, 1 cupful sour apple sauce,
1 teaspoonful soda, 1 cupful nuts, 1-2
cupful raisins.
Cream crisco and sugar. Add eggs
without beating. Sift dry ingredients
and add alternately with the apple
sauce, with which the soda has been
mixed. Add nuts and raisins last. Bake
in layer tins.

Filling for Apple Sauce Cake.

1 egg white, crisco, 1 teaspoonful
salt, XXXX sugar.
Place egg white in cup and fill with
creamy crisco. Add salt. Place mix-
ture in bowl. Add sugar until stiff
enough to stand.

Delmonico Pudding.

2 cupfuls milk, 2 egg yolks, 1-2 cupful
sugar, 1 tablespoonful Knox gel-
atine softened in 1-4 cupful cold milk,
1 teaspoonful vanilla, 1-8 cupful sherry
wine, 2 egg whites, 1-2 pint whipping
cream, Macarons, crystallized cher-
ries.

Heat 2 cupfuls milk to the boil-
ing point in double boiler. Beat the
yolks of eggs very light and beat into
them the sugar, add this to the hot
milk and cook until the custard coats
the spoon. Take from the fire, add
gelatine, which has been softened in 1-4
cupful cold milk. Add vanilla and sherry
wine and let cool. Beat the whites
of eggs stiff and fold into them the
whipped cream. When custard begins
to set, fold into it the cream and whites
of eggs and put into a mold. Mold
with alternate layers of broken mac-
arons and crystallized cherries.

Grapefruit Salad.

1-2 box gelatine, 1 pint strong lemon-
ade, pulp of three grapefruits, 1 cupful
dressing salad.
Soak gelatine in 1-4 cupful water.
When soft add to lemonade and bring
to a boil. Chill and when it is begin-
ning to congeal, add the grapefruit
pulp, and boiled dressing. Put in crys-
tal molds and pack in ice and salt
for 3 hours.

Japanese Fritters.

12 strips of dry bread, 2 eggs, 1-2
teaspoonful vanilla, 1 cupful milk, 1-4
teaspoonful salt, 1 tablespoonful sugar.
Cut bread 1-2 inch thick, hunk wide
and 4 inches long. Beat eggs slightly,
add vanilla, milk, salt, and sugar. Lay
bread strips in mixture until they have
absorbed it, drain, roll in breadcrumbs
and fry in deep crisco hot enough to

brown a crumb of bread in forty counts
serve with maple syrup.

Program for Saturday June 10,
1916:

"Hungarian Rhapsody" band
No. 33352
"Carry Me Back to Old Virginia"
by Anna Gluck No. 74420
"Hawaiian Waltz Medley" No. 17701
"Gems from Robin Hood" Victor
Light Opera Company No. 33413
"Felsenmühle Overture" band
No. 33015
Hungarian Dance in G Minor, by
Kriesler No. 64131
Music furnished by Geo. C. Will.

Senator Smoot's Report On Conference Work

Coliseum, Chicago, June 9.—Senator
Smoot, chairman of the "harmony
committee," made the following report
today of negotiations with the progres-
sives.

"Your committee appointed, pursuant
to the resolution adopted at yester-
day's session, met in conference with
a committee representing the national
progressive convention last evening.
That the progressive committee of con-
ference consisted of Messrs. Perkins,
of New York; Johnson of California;
Bonaparte, of Maryland; Wilkinson,
of New York, and Parker of Louisiana.
The conference was frank, free
and most friendly. The conferees were
of one mind in believing that the good
of the country and perhaps its repu-
tation and influence for years to come
depends upon the control of the executive
and legislative branches of the govern-
ment by those who firmly believe in
and will execute the policies that are
so heartily supported by the republican
and progressive parties alike.

"The progressive conferees were un-
animous in urging, with temperateness
and fairness the opinion that Roosevelt
of New York had so large a personal
following and such a close personal re-
lation to the issues of the coming cam-
paign as to make him the most desir-
able candidate upon which to unite.
It was agreed that your conferees
would report these facts to this con-
vention."

How Cherry Queen Contestants Stand

Just to use a racing expression, it
may be said that the two leading can-
didates for queen of the Cherry fair
are running neck and neck. Miss Wil-
son is 680 votes ahead of Miss Coe-
der, which is not much of a lead, con-
sidering the fact that votes are cast
at the rate of ten cents a 100. The
real excitement is likely to begin next
week as quite a number of lodge mem-
bers are now becoming interested in
their choice for queen, and from re-
marks heard on the street, business is
pretty sure to pick up soon in the way
of support from at least one of the
lodges.

The ballots stand:
Estella Wilson 27,000
Verna Coeder 27,010
Inez Stege 18,610
Minnie Corey 8,570
Minnie Harr 1,260

REPUBLICANS ADOPT LENGTHY PLATFORM

Devoted Largely to Criticism
of Wilson and Same Old
List of Platitudes

After thorough consideration both in
committee and by the convention the
republicans yesterday afternoon adopt-
ed the following platform:

Coliseum, Chicago, 4:31 p. m.—The
republican convention reconvened 31
minutes after time set. Senator
Lodge began reading platform, which
was adopted as follows:

"In 1861 the republican party stood
for the Union and against secession.
As it stood for the Union of the
states, it now stands for a united peo-
ple, true to American ideals, loyal to
American traditions, knowing no al-
legiance except to the constitution, to
the government and to the flag of the
United States.

"We believe in American policies
at home and abroad.

"We declare that we believe in and
will enforce the protection of every
American citizen in all the rights se-
cured by him by the constitution and
the law of nations at home and abroad,
by land and sea.

"These rights, which in violation of
their specific promise made at Balti-
more in 1912, the democratic president
and the democratic congress have
failed to defend we will unflinchingly
maintain.

Foreign Relations

"We desire peace, the peace of jus-
tice, and right, and believe in main-
taining a strict and honest neutrality
between the belligerents in the great
war in Europe. We must perform all
our duties and insist upon all our
rights as neutrals without fear and
without favor. We believe that peace
and neutrality as well as the dignity
and influence of the United States,
cannot be preserved by shifty experi-
ments, by phrase-making, by perform-
ances in language or by attitude ever
changing in an effort to secure groups
of voters.

"The present administration has
destroyed our influence abroad and
humiliated us in our own eyes. The
republican party believes that a firm,
consistent and courageous foreign
policy always maintained by republican
presidents in accordance with republi-
can traditions is the best as it is the
only true way to preserve our peace
and restore us to our rightful place
among the nations.

Mexico.

"We deeply sympathize with the
fifteen million people of Mexico, who,
for three years have seen their coun-
try devastated, their fellow citizens
murdered and their women ravished by
armed bands of desperadoes led by self-
seeking conscienceless agitators, who,
when temporarily successful in any
locality, have neither sought nor have
been able to restore order or establish
and maintain peace. We express our
horror and indignation at the outrages
which have been and are being per-
petrated by these bandits upon Ameri-
can men and women who were or are
in Mexico by invitation of the laws
and of the government of the country
and whose rights to security of per-
son and property are guaranteed by
sacred treaty obligations. We de-
nounce the indefensible and indifferent
attitude of this administration in the
internal affairs of Mexico, and refer
with shame to its failure to discharge
the duty of this country to our couns-
ins in Mexico, in permitting the contin-
uance of such conditions, first by fail-
ure to act promptly and firmly and
second, by lending its influence to the
continuation of such conditions
through recognition of one of the fac-
tors responsible for these outrages.

"We pledge our aid in restoring or-
der and maintaining peace in Mexico.
We promise our citizens on and near
our border and to those in Mexico,
wherever they may be found, adequate
and absolute protection in their lives,
liberty and property.

Monroe Doctrine.

"We re-affirm our approval of the
Monroe Doctrine and declare it's
maintenance to be a policy of this
country essential to its present and
future peace and safety and to the
achievement of its manifest destiny.

Latin America.

"We favor the continuance of re-
publican policies which will result in
drawing more and more closely to-
gether the commercial, financial and so-
cial relations between this country and
the countries of Latin America.

The Philippines.

"Philippines.—We renew our alle-
giance to the Philippine policy, inaugu-
rated by McKinley, approved by con-
gress and consistently carried out by
Roosevelt and Taft. Even in this short
time it has enormously improved the
material and social conditions of the
islands, given the Philippine people a
constantly increasing participation
in their government, and if persisted
in will bring still greater benefits in
the future.

"We accepted the responsibility of
the islands as a duty to civilization
and the Filipino people. To leave with
our task half done would break our
pledges, injure our prestige among na-
tions and imperil what has already been
accomplished.

Philippine Abandonment Condemned.

"We condemn the Democratic ad-
ministration for its attempt to abandon
the Philippines, which was prevented
only by the vigorous opposition of
Republican members of congress, aided
by a few patriotic Democrats.

"We reiterate our unqualified ap-
proval of the action taken in December,
1911, by the president and congress to
secure with Russia, as with other coun-
tries, a treaty that will recognize the
absolute right of expatriation and pre-
vent all discrimination of any kind
between American citizens, whether
native born or alien, and regardless of
race, religion or previous political al-
legiance. We renew the pledge to ob-
serve this principle and to maintain the
right of asylum which is neither to be
surrendered nor restricted, and we are
united in the cherished hope that the
war which is now desolating the world

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Home Grown Potatoes, 6 lbs. 25c	Oranges, dozen 25c, 35c, 50c
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(Continued on Page Four.)

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